



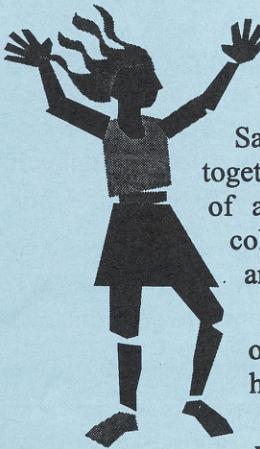
# SACWN Inc.

## SACRAMENTO AREA COMMUNITY WOMEN'S NETWORK

Volume 16, Number 2

APRIL/MAY 2000

### Activities in the Year 2000



#### *Visualize this: a diverse community of*

Sacramento lesbians gathering together. Can you picture it? Women of all ages? All sizes, shapes and colors? Tall and not-so-tall. Young and young-at-heart?

We know you've glimpsed it occasionally in the past. It may have been at the Indigo Girls' concert back in '98. Or perhaps it was the night you made it to the Monarchs' game (and the post-game party in midtown). Or, yes, even a SACWN event like our recent Valentine's Dance.

Are you with me? Are the women's faces clear in your mind's eye? Are you giddy with excitement? Of course you are. And I bet you're also thinking, "I had no idea there were so MANY lesbians in Sacramento!"

Well, this little exercise in visualization is about to pay off. And the fun is going to just keep on coming! SACWN's got so many events planned this year, that you won't be able to stay in hiding any longer. Take a look at these exciting activities:

- ▼ Spring "Mixer" at Joseph's Town & Country
- ▼ Cinco de Mayo Celebration at Joseph's
- ▼ Spring Social at FACES Nightclub
- ▼ Golf Tourney and Barbecue at Champion Golf
- ▼ Monarch Nite in June
- ▼ Summer Picnic
- ▼ Sacramento Gay Pride Dance
- ▼ Riverboat Cruise

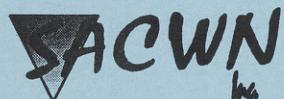
- ▼ Zodiac Dance in July
- ▼ Summer Bash at Veronas
- ▼ Monarch Nite in August
- ▼ 9 Hole Golf Tourney with dinner and dance
- ▼ Train ride and picnic
- ▼ Healing Massage Ocean Camping Trip with dessert potluck
- ▼ Lake Tahoe bus trip
- ▼ Fall "Mixer"
- ▼ Halloween Costume Dance
- ▼ Nationality Potluck with music
- ▼ End of the Year Social
- ▼ New Years Eve Mardi Gras Dance

Whew! The Activities committee doesn't have all of the specifics quite nailed down yet, but they're working on it -- developing timeframes and budgets for each of these events takes a lot of Grrl Power.

Please check future issues of our newsletter for particulars regarding dates, locations, and costs. Also if you have any spare time or energy and would like to help ensure the success of these activities, PLEASE call to volunteer. (More women are ALWAYS welcome!)

And, if you have an activity that you would like to see SACWN produce or if you need assistance in putting an event together, please feel free to contact Anna at SACWN's voice mail (916.451.8034) for any assistance you may need. Just address your messages to Anna, Activities Committee Chair. ▼

**More Fun Inside!**



P.O. BOX 340593  
SACRAMENTO, CA  
95834-0593  
D (916)451-8034  
E [SACWN@CS.COM](mailto:SACWN@CS.COM)

#### ACTIVITIES COMMITTEE

Anna, 344-0386

#### MEMBERSHIP COMMITTEE

Sue, 944-7055

#### NEWSLETTER COMMITTEE

Nancy, 452-6007  
Tea, 441-7244

#### STEERING COMMITTEE

Sue  
Linda  
Diana L.  
Diana R.  
Joyce  
Anna  
Toni  
Lupe  
Dawn  
Betty  
Nancy  
Sandy

Women who want to participate in the operation of SACWN are encouraged to contact any of the above-listed committee coordinators.

The Newsletter Committee is currently in need of writers and proof readers.

#### THE SACWN MISSION

SACWN's mission is to provide lesbians with social activities in a safe and vibrant environment, a supportive network, and resources to link our diverse community.

There it is, our current mission statement. The statement was selected, discussed, developed and accepted at the General Subscriber Meeting last March. The "mission" was easy to determine. We all want to have fun, to share activities and experiences with lesbians, big groups of lesbians, small groups of lesbians; a crowd of lesbians at a concert, in a park or where ever is a grand, exhilarating experience. Our "mission" seeks to satisfy our need for each other, our need for community. We will use this statement to guide our choices for SACWN.

#### SACWN NEWSLETTER POLICY

This newsletter is entirely dependent on volunteers. Please remember that we also have full time jobs.

In order to be included in the next newsletter, material must arrive in our mailbox or at our e-mail address by the 11<sup>th</sup> of May. We encourage submissions (e.g., letters to the editor, news items, photos, etc.). Please type submissions and include your name and phone number for verification. Submissions on diskette (Word97) or by e-mail are especially encouraged.

**FREE ADS:** This section is for selling things of a personal nature, advertising for a roommate or tracking down a lost love. These ads are FREE to SACWN members who are advertising things of a personal nature (no business advertising).

**BUSINESS ADS:** Camera-ready ads are \$150 per business card size ad. Ads must be prepaid. Ads are on a 12-month/six issues per year basis. For more info, please contact Joyce at (916)451-3018.

**SIG BULLETIN:** This is for Special Interest Groups information and event dates.

**NOTE:** The SACWN newsletter expresses the opinions of the authors, and does not necessarily represent the opinions of the Steering Committee or the general membership. The editor reserves the right to exclude and/or edit the length of letters and articles.

**CONFIDENTIALITY:** SACWN takes the following precautions to insure the privacy of its members:

1. The mailing list is never sold or lent to anyone – be they other women's groups or inquiring lesbians.
2. The newsletter is always sent 1<sup>st</sup> class, rather than at the cheaper bulk rate.
3. Each newsletter is addressed to a specific member, not "resident" or "household."
4. Newsletters are not sent to individual men.

Like our new look?

SACWN's newsletter is YOUR newsletter – so, please call us, write us, or send us an e-mail and let us know what YOU want to see!

# A Spring Affair!

Saturday, April 15th  
8:00 p.m. to 1:00 a.m.

Come help celebrate Sacramento Area Community Women's Network 2ND Spring Season

Joseph's Town & Country  
Bar and Restaurant  
1454 Del Paso Bl. @ Arden  
Lots of parking available/security guard on site



Music by DJ  
R&B, Oldies,  
and House

Full No host bar, game room  
And Hors d'oeuvres

Tickets are available at door \$ 5.00  
21 and over with valid I.D.

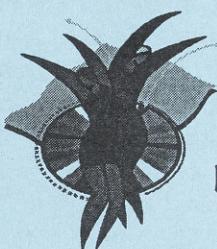
Spring Social  
at FACES

May 19th  
5 to 8 p.m.



## Celebrate Cinco de Mayo!

Friday, May 5th  
8:00 p.m. to 1:00 a.m.  
Joseph's Town & Country  
Bar and Restaurant  
1454 Del Paso Bl. @ Arden  
Lots of parking available/security guard  
on site



Music by DJ Monica  
R&B, Oldies,  
Latin/Salsa and House

Full No host bar, Hors d'oeuvres  
and game room

Tickets are available at door \$ 5.00  
21 and over with valid I.D.

## 9-Hole Tourney

SACWN Swinging into Spring  
Golf Tournament & Barbecue  
at Champion Golf Links

May 20th

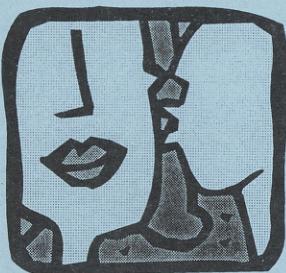
For more  
information call  
Linda at  
916-456-4859



## Events Recap: The Valentine's Day Dance

### Oh What A Night!

If you were one of the fortunate women to have attended SACWN's first and by no means last Valentine's Day Dance, you know what I mean by this title. Over 250 beautiful and handsomely dressed women came out on a miserable rain-soaked night to share an evening of dance, romance, food and fun.



The night started early, most arrived before 9:00 p.m. Many came from a distance. Sue from Lake Shasta brought friends, Donna, Wendy and Shelly (actually from Anderson and Red Bluff). Beverly and Sharon came from Brownville. Bev and Ann from Davis. Lisa came from Orville with her date Barbara from Citrus Heights. Sue and Beth came from Lodi. Tammy and Shelly came all the way from Lockford and Trudy from Fairfield. Sue's statement served the evening well, "Yes, It was worth the drive."

Some were newcomers; Karen, Lina and Mary, who said the dance was great. Phoenix expressed how she loved seeing women get a chance to dress up and have fun. Carolyn who said she didn't want to feel sorry for herself sitting home alone, came out and danced all night.

#### Coming Next Month:

**FREE ADS**  
for all SACWN members

Sell your stuff! Find a roommate! Locate a lost friend! (No business advertising in this section).  
**Send us your ad (25 words or less) via e-mail: SACWN@cs.com**

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Nan L. Goodart

**Nan L. Goodart**  
Attorney at Law

7230 South Land Park Drive  
Suite 121  
Sacramento, CA 95831  
(916) 422-3000

Estate Planning  
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Wills  
Probate

Women who had not been to a SACWN dance for some time were glad to be back. Among them were Willie, Joy and Donna. Good to see you again.

The hall was decorated in hearts and hundreds of floating balloons with long streamers hanging down to dance through. The band, *Roni and The Flight*, was outstanding and played a variety of music to suit everyone. Hardly anyone remained seated when "My Funny Valentine" was played. You could feel romance in the air.

At intermission Diana asked for the couple in the longest relationship to step forward. With a little coaxing Phyllis and May rose announcing their 47 years together. They were presented a bouquet of roses and danced around the room while everyone applauded with great enthusiasm, and this author shed a few tears.

The catering was terrific. Delicious food was elegantly displayed. Thank you to "Events By Yoli and Robert" catering service.

Donna S. shared how she heard people commenting on how spectacular the lighting of the stage and dance floor was. We want to give a special thanks to Dion Cook for volunteering his equipment and expertise. Great job!

Last but not least, we want to thank the Activities Committee and the women who came out to help decorate the hall. We as SACWN members give you a much appreciated *Thank You* for donating hours of love and dedication to the production of such an elaborate event.

As the evening came to a close, the dance floor was still full. May and Phyllis were still loving every moment of dancing together. We all look forward to SACWN's upcoming events. Hope to see you there! ▼

#### **LESBIAN ADVISORY TASK GROUP on Breast Cancer**

The Gold Country Partnership is organizing outreach and education for the lesbian community.

WE ARE SEEKING LESBIAN BREAST HEALTH ADVOCATES to help us plan events, programs, and educational materials to meet the needs of the community.

For more information call:  
Regan Overholt  
at the Health Education Council  
916/556-3346

# A Sorrowful Feeling

By Diana Kerwin

**D**one of my neighbors had just put up a YES on 22 sign right in the middle of their front yard. It gave me a sorrowful feeling: *How could they do that? I can't believe it! What's the matter with them?*

I don't understand how they could live one house away from my partner and myself for almost eleven years and not see the sameness. And I don't understand how they can't understand what they are saying.

All these years of living the "married life" one house away without the same privileges. My former partner and I paying taxes just like them without the status, keeping the yard up, hollering at cars to slow down for children, clearing out the manhole so our street wouldn't flood, pushing their daughter's car up our driveway cause the street flooded anyway, painting the mailbox when it got graffitied, keeping an eye out for one another, having conversations at the mailbox or the end of the driveway, sharing parts of each other's lives. After all of that, I can't believe the ignorance and lack of understanding.

I battled with myself as to how I should react to this sign-posting. Every time I'd pass the sign I'd grimace and my mind would race again: Should I ask, "Why do you feel you have to post such a sign?" Or, "Don't you think my partner and I are entitled to the

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916-498-8561 or 888-778-8243

same privileges/rights?" Or, "Is there something you don't understand that I can help you with?" But then I think: what good would it do, really?



I think I know why they felt they had to put that sign out and I don't believe anything I could have said would have mattered to them. Just like I can't believe they could lack an understanding of what's really important to a marriage.

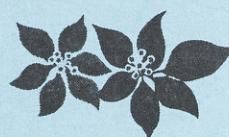
But I think they can't allow themselves to believe that a relationship between members of the same sex is really acceptable. Even though they approve of the character of my partner and I, even though they have been neighborly in the past -- they can not accept that our relationship is as legitimate as their own.

I think it's because I believe that that I can keep myself from being just as ignorant as they are. This means I will still have a little conversation with them and I will still be neighborly.

I'll do this because I expect that eventually they'll get it and there will be no need for YES on 22 signs. ▼

**May is Lesbian Romance Month at the Open Book Bookstore!**  
**SPECIAL GUEST SPEAKERS:**

**Robbie Sommers and Karen Kallmaker**  
(lesbian fiction writers) will be making appearances at our ever-popular book club/discussion groups.  
Call the Open Book for more information:  
**916.498-1004**  
or e-mail to: [openbook@openbookltd.com](mailto:openbook@openbookltd.com)



**Eileen Heinrich L.C.S.W.**  
**874 – 57th Street**  
**Sacramento, CA 95819**  
**(916)481-3703**

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# Special Interest Groups (SIGs) Bulletin

SACWN's SIGs are small, friendly groups of women who get together monthly (if not more often) to share activities of mutual interest. New members are always welcomed, so we encourage you to call the contact person listed to find out what activities are being planned.

## RAINBOW CAMPERS

Rainbow Campers, founded by the late Jayne Rountree, is a loose knit group of lesbians who get together and camp at preselected campgrounds each month, April through October. Here is this year's schedule:

April 14-16:

Colma on the American River  
Call Mary, 723-5269

Eight sites have been reserved. Mail fee, \$28.00 for each night you plan to stay, to Mary Fowler, 6949 Radiance Circle, Citrus Heights, 95621 by March 13<sup>th</sup>. Must cancel by April 3<sup>rd</sup> for a refund. Potluck and Social on Saturday, the 15<sup>th</sup>. Hope to see you there!!!

May 19-21:

Canyon Creek Resort at Monticello Dam  
Call Necole, 530/661-2319

June 9-11:

Casini Ranch, Duncan Mill  
Call Gail, Denice & Kathy, 641-8565

July 14-16:

Goose Lakes Area, Quincy/Tahoe Area  
Call Karen, 927-7627

August 25-27:

Wrights Beach on the coast  
Call Carolyn & Nancy, 961-4722

September 22-24:

Olema on the coast  
Call Karen, Joyce & Mary, 927-7627

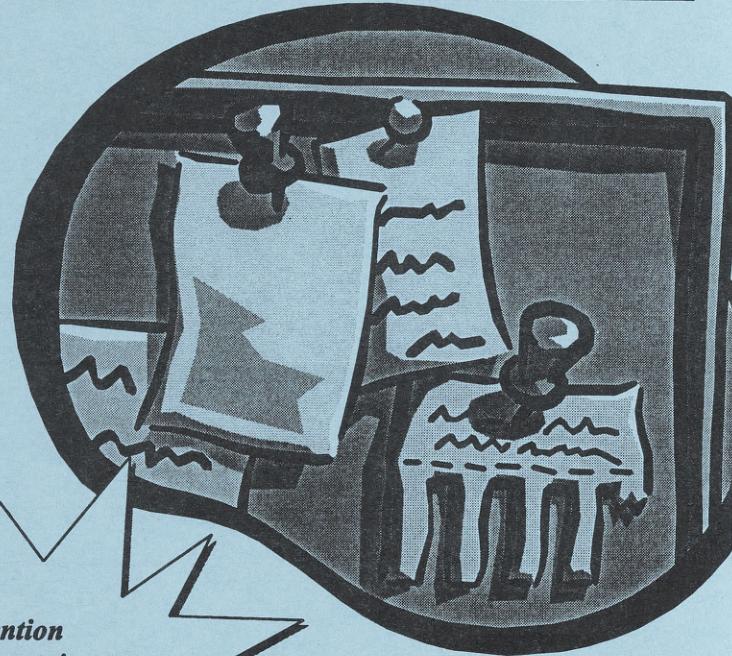
October 20-22:

Coloma on the American River  
Call Mary, 723-5269

*Attention  
Campers!*  
You MUST make  
your reservation for  
the June 9th Casini  
Ranch event by  
**April 1!**

## How to Attend a Trip:

1. Call the Wagoneer for the trip(s) you want to attend. She will make the group reservation up to 60 days in advance of the scheduled camp date, so call her early.
2. The Wagoneer will tell you the site fee and cancellation date. She will request that you send her the fee for the number of nights that you plan to camp.
3. If you decide to cancel your reservation, call the Wagoneer before the cancellation date. Fee refunds cannot be made after the cancellation date.



## TOP 10

Top 10 is a group of women over 50 and women who love women over 50. Each month we get together for a meal at a local restaurant or for special at-home potlucks. Please remember to RSVP for all events and call early as seating may be limited. Mary, 395-4147.

April 9<sup>th</sup>: Dinner at Spaghetti Factory, 5:00PM. 731 Sunrise Ave., Roseville. Call Diana R. at 916-348-1698 to RSVP before April 6<sup>th</sup>.

May 21<sup>st</sup>: Potluck at Phyllis'-- 2:00PM. Bring your favorite drink. Call Phyllis at 916-442-8871 to RSVP and get directions by May 18<sup>th</sup>.

## NEWCOMERS

Are you new to the area or the lifestyle? Want to meet new people? Give me a call and I will do all I can to provide you with information to help you get tuned in to the network of activities available. Diana, 487-3124.

**SIGS, Continued****ARTS & ENTERTAINMENT**

Friday, April 14<sup>th</sup> at 6:00 p.m. — planning dinner at The Distillery, 2107 L Street. RSVP by April 12<sup>th</sup> for dinner.

\*After dinner we're going to the Geery Theatre, 22<sup>nd</sup> & L St. to see Lambda's production of *My Castle's Rockin'* -based on the life of lesbian singer Alberta Hunter. RSVP by April 8<sup>th</sup> for the play. Dee (916) 443-2377 Thursday, April 20<sup>th</sup> from 5:30-8:00 p.m. — Latin Jazz performed by Najera & Unger Quartet at Crocker Art Museum, 3<sup>rd</sup> & P St. RSVP to Dee (916) 443-2377 by April 18<sup>th</sup>.

\*In June we'll be checking out *Lambda's Love! Valour! Compassion!*, Friday, June 23<sup>rd</sup>. Mark your calendar. Volunteer to be an usher and see the stage play as a thank you. Call Kathy (916) 920-2162.

**HALF FAST HIKING GROUP**

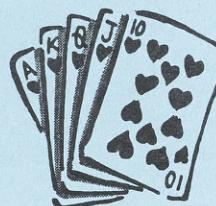
This is a well-organized, friendly group of serious hikers who know how to have fun. We are in our fourth successful year of day-hiking with hikes scheduled once per month all year long. We walk at a comfortable pace and usually average about five miles round trip on hikes that are rated easy to moderate. Call for a calendar of events and an information sheet. All newcomers receive a warm welcome. Please join us for the time of your life! Kathy: (916) 979-9374.

**GARDEN CLUB**

The Garden Club has sprouted. We had our 2<sup>nd</sup> meeting March 26<sup>th</sup> and came up with many good ideas. We can share information, plantings, check out landscape tours, and much more. We will meet monthly, if interested, call Glenda, (916) 454-0246.

**FOOL HOUSE POKER GROUP**

Feeling lucky? Then join us for a friendly game of poker the 2<sup>nd</sup> Friday of every month. Novice players welcome. I guarantee you'll have a good time. For game time and location, call Gretchen, (916) 922-6287 or Mary, (916) 723-5269.

**COFFEE GROUP**

Come join us for coffee and conversation. Just show up and join the group.

The Coffee Group will meet on Sunday, April 30<sup>th</sup>, 2:30 p.m. and Sunday, May 21<sup>st</sup>, 2:30 p.m. at the Open Book, 910 21<sup>st</sup> St.

If you want more information call Betty at (916) 731-7192.

**ROAD CYCLERS**

We are beginning a new SIG for bicycle riders (not off-road). If you would like to join us on our next excursion, please call WANDA at (916) 652-4256.

**HEALING CIRCLE FOR ALL**

Meets once a month on a Friday night. Circle starts at 7:00PM sharp.

Next four gatherings — April 21, May 26, June 23, July 21.

Always call ahead — dates can change. Diana (916) 972-9465

**SINGLES MEETING SINGLES**

Saturday, April 1<sup>st</sup> & 8<sup>th</sup> — Women's Flag Football playoffs

Saturday, April 15<sup>th</sup> — Meet at dance at Joseph's

Sunday, April 16<sup>th</sup> — Out on the town for Dinner and Movies

Saturday, May 6<sup>th</sup> — Club Indigo at Joseph's

Friday, May 5<sup>th</sup> — Cinco de Mayo, Meet at Joseph's for dance

Saturday, May 21<sup>st</sup> — Whole Earth Festival

Call Diana for more info (916) 972-9465.

# CALENDAR

## APRIL

Saturday 1	Thursday 6	Saturday 8	Sunday 9	Tuesday 11	Friday 14
Singles Meeting Singles Flag Football Playoffs	Lesbian Reading Group at Open Book	Singles Meeting Singles Flag Football Playoffs	Top 10 at Spaghetti Factory in Roseville	Older Women's Coming Out Group	A&E Planning Dinner & Lamda Players
					Fool House Poker
					Rainbow Campers in Colma on the American River (thru 16th)
Saturday 15	Tuesday 18	Thursday 20	Friday 21	Saturday 29	Sunday 30
SACWN's SPRING Affair at Joseph's	Gay & Lesbian Sierra Club Gov- Com Mtg.	A&E's Jazz at Crocker Art Museum	Healing Circle	Fiesta de Las Lesbianas Dance in Modesto	Coffee Group at Open Book
Gay & Lesbian Sierra Club Hike at Pt. Reyes		Lesbian Reading Group at Open Book		Gay & Lesbian Sierra Club Mt. Bike Trip	

## MAY

Thursday 4	Friday 5	Saturday 6	Friday 12	Sunday 14	Monday 15
Lesbian Reading Group at Open Book	CINCO de MAYO Mixer at Joseph's	Singles Meeting Singles at Joseph's	Fool House Poker	Mother's Day	Newsletter Deadline
Thursday 18	Friday 19	Saturday 20	Sunday 21	Friday 26	Monday 29
Lesbian Reading Group at Open Book	Rainbow Campers in Canyon Creek Resort - Monticello Dam (thru 21st)	SACWN Golf Tournament & Barbecue	Top 10 Potluck  Singles Meeting Singles at Whole Earth Festival  Coffee Group at Open Book	Healing Circle	Memorial Day
SACWN Spring Social at FACES					

## Other Sacramento Area Events

The following non-SACWN groups are hosting special events during April and May that may be of interest to our membership. Our calendar page also lists these events.

### HOPLAND WOMEN'S FESTIVAL

Full Moon Ranch, Hopland, CA  
June 2nd to 4<sup>th</sup>

Featuring: Blues, Folk, Rock, Country, Comedy, Workshops, Arts & Crafts, Drumming Circle...and catered meals!

Camping on Women-Owned Land  
A woman only event

For information call (707) 523-9593 or Email: Hopland @aol.com

### FIESTA DE LAS LESBIANAS DANCE

presented by  
Bay Area Señorita's de la Central  
Valley

Saturday, April 29, 8 pm to  
Midnight

American Legion Hall  
1001 S. Santa Cruz, Modesto

Non-member tickets:  
\$12 in advance  
\$18 at the door

For information or tickets call:  
Señorita Robbie, (209) 523-0622  
For women 18 years and older

### SASS (SACRAMENTO SINGLE-TRACK SCORCHERS)

Sacramento Area's first all Women's Mountain Bicycling Club welcomes riders of all skill levels to share the experience of biking the many offroad mountain trails near the Valley.

<http://www.mother.com/~kson/sass.htm>

### GAY & LESBIAN SIERRANS

GLS is a friendly, relaxed group of lesbians and gay men who enjoy

outdoor adventures and camaraderie. Established in May 1996, they offer a variety of outdoor activities. The following are just a few of their activities for March and April:

### PT. REYES DAY HIKE - ARCH ROCK AND BEYOND, April 15

This was going to be a backpack trip, but could not get the campground reservation. Instead, we'll hike down the Bear Valley Trail to the coast, and those who feel adventurous should bring wading shoes to take advantage of the minus tide level and explore a secret beach and large sea cave. 9 miles total. Call Ray 916-421-6209 to sign up and get details.

### GOV-COM MEETING

TUESDAY, APRIL 18 - 6:30PM  
Come help the G&L Sierran Governing Committee make plans their GLS section. Your help and input is greatly appreciated. Call Ray 916-421-6209 for info.  
<http://www.motherlode.sierraclub.org/gls>

### MOUNTAIN BIKING - OLMSTEAD LOOP AT COOL SATURDAY, APRIL 29

A GLS favorite, the Olmstead Loop, in the foothills south of Auburn, is a terrific 10 mile loop ride, with a little of everything... green hills, oak forests, stream crossings, wildflowers, views of the valley, fresh air! There are ups and downs and tricky spots, but okay for novice riders who know how to shift gears. We'll do an additional short ride in the area if there's interest. Call Ray (916)421-6209 to sign up and get details.

### OLDER WOMEN'S COMING OUT SUPPORT GROUP

Attracted to a woman for the first time in your life? Have you been in a traditional marriage but are questioning your sexuality? Are you over 30 and wondering if you want to explore being with a woman? Questioning whether the attraction means you are lesbian or bisexual? Looking for a safe place to explore the answers? You are not alone. Join a 6-week support group beginning Tuesday April 11th; lead by Julie Kuebelbeck, a licensed spiritual counselor and professionally trained support group facilitator. Julie came out over 5 years ago after a long-term traditional marriage. She was the Woman's Program Coordinator at SASG, a non-profit gay and lesbian support group organization in Seattle, Washington. For more information regarding this support group, call Kathleen (916)444-9430.

### LESBIAN READING GROUP

Meets every other Thursday night at the Open Book Bookstore. Participants receive 15% off the cover price of the club selection (Upcoming: *Beyond the Pale* by Elana Dykewomon). Also, every Wednesday night is Women Authors/Women's Issues Discussion Night at 7 p.m. For more information, call Gayle at (916)498-1004.

E-mail your group's activities to the newsletter:  
[sacwn@cs.com](mailto:sacwn@cs.com)

# REPORTING BIAS CRIME

## **What is a Bias Motivated Crime?**

Bias Motivated Crimes are any criminal acts or attempted criminal acts that cause physical injury, emotional suffering, or property damage where there is reasonable cause to believe the crime was motivated in whole or in part by the victim's race, ethnicity, religion, sexual orientation, physical or mental disability and/or gender.

## **Victims of Bias Crimes**

Bias Crimes which occur in the city should be immediately reported to the Sacramento Police Department; those occurring in the county should be reported to the Sacramento Sheriff's Department.

**POLICE: 264-5471; SHERIFF: 440-5115**

If you have information regarding a bias related incident and wish to remain anonymous, call the Bias Crimes Hotline at: **454-BIAS**. The telephone is answered Monday through Friday between 7:30 a.m. and 5:00 p.m. At all other times you will be greeted by a voice message. When reporting, please provide the following information:

- ▼ Date, time, and location of occurrence
- ▼ Name, address and phone number of the victim(s) and witness(es).
- ▼ Suspect(s) description.
- ▼ Vehicle(s) description.
- ▼ Specific details of the incident.

If you would like to be contacted by a detective, dial **454-BIAS** and leave your name and telephone number. If you witnessed a bias crime, call Crime Alert at **443-HELP** or **1-800-AA-Crime**. You may remain anonymous and receive a cash reward up to \$1000 if an arrest is made.

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- Contract Arbitration

# GET THE FACTS

## **Are Lesbians at risk for breast cancer?**

All women are at risk for breast cancer. The older you are, the greater your chance of getting it. Women who have a mother, sister or daughter with breast cancer are at a higher risk particularly if the relative's cancer occurred before menopause or in both breasts. In addition, any woman who has had breast cancer is also at greater risk for developing a second breast cancer.

Based on our current knowledge of genetics, only 5-10% of breast cancers are related to heredity. The majority of the women diagnosed with breast cancer have no known risk factors.

Some factors that may slightly increase risk include: not ever having children or having your first child after age 30, heavy alcohol use, early onset of menstruation (before age 12), or late onset of menopause (after age 55).

## **Are you at higher risk?**

Your chances of developing breast cancer depend on your individual history, not on your sexual orientation. Some lesbians or women who partner with women may be less likely to have children or be more likely to drink alcohol. These factors may play a small role in overall risk.

The main concern for lesbians is lack of cancer screening and treatment. Lesbians and women who partner with women may delay care because of insufficient finances, lack of insurance, past negative experiences in the health care setting, or failure to see themselves at risk for breast cancer. This can cause a delay in diagnosis and treatment, which in turn can lower the chances of survival. Lesbians and women who partner with women are encouraged to seek a lesbian-sensitive provider.

## **Early detection is your best protection**

Early detection is a woman's best opportunity for surviving breast cancer. The screening guidelines recommended by the Susan G. Komen Breast Cancer Foundation are as follows:

- ▼ Annual screening mammography for women beginning at age 40.
- ▼ Women under age 40 with either a family history of breast cancer or other concerns about their personal risk should consult with a trained medical professional about when to begin mammography.
- ▼ Clinical breast examinations at least every 3 years beginning at age 20 and annually after 40.
- ▼ Monthly breast self-examination beginning by age 20.
- ▼ Become familiar with the normal look and feel of your breasts. If ANY change occurs, you should have a clinical breast examination by a trained medical professional.

For more information on breast health or breast cancer contact:

The Susan G. Komen Breast Cancer Foundation  
1.800 I'M AWARE 1.800.462.9273  
American Cancer Society  
1.800.ACS.2345 1.800.227.2345

# Subscription/Membership Application

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E-mail: \_\_\_\_\_

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**Waiver:** I am aware that certain risks or injuries could occur arising from my participation in SACWN, Inc. events and/or special interest groups. In consideration of the right to participate in such events, some of which may involve strenuous activity (i.e., hiking, golfing, skiing, cycling, etc.), I hereby assume all risks and will hold SACWN, Inc. and its members harmless from all liability which may arise in connection with these activities.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

Signature \_\_\_\_\_ Date: \_\_\_\_\_

**CATEGORIES****RATES**

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Sustaining	\$48.00
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*Rates are per household, per year and will be prorated based on the month in which you subscribe. The subscription year is February through January.*

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- Writers
- Proofreaders

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- Telephone
- Mailings
- Database

**ACTIVITIES**

- Dance Organizers
- Assistants
- Planners

## Comments, Suggestions, Viewpoint

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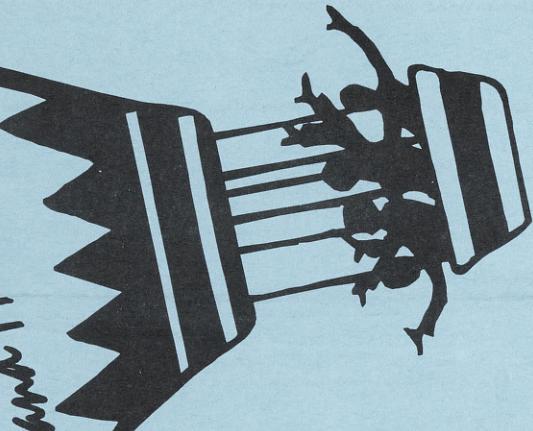


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Want to contact us but don't want to write? SACWN has voice mail and e-mail! Call us at (916)451-8034. Leave a message and we will respond as soon as possible. Or you can send us e-mail at: [SACWN@cs.com](mailto:SACWN@cs.com).

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